Tips to Keep your Weight and Blood Sugar
Stable during the Holidays

We're approaching the challenging season if you have problems with putting on weight or your blood sugar getting high. Here's some tips to reduce the damage! Even doing some of these will help and then there's oh so much less work to do in January.

Water is your best friend:

- Drink a glass of water when you get up in the morning.
- Drink a glass of water 15-45 minutes before meals **and** snacks.
- At parties if you are drinking alcohol, alternate by filling up your glass with water between each glass of wine/beer*. Take just as long to drink the water as you did the alcohol.
- Give up sodas, including diet soda, and juices. Instead drink water, sparkling water, tea or coffee.

Eating:

- Try to eat from a plate while sitting down at a table, at the very least eat everything from a plate or bowl.
- Enjoy your food and the company. Eat leisurely.
- Start meals with soup or salad (with vinaigrette or no dressing).
- Don't avoid fat. Eating fat or meat/protein early on in the meal makes you feel satisfied sooner.
- Eat as many veggies as you like!
- Eat carbohydrates (potatoes, rice, pasta, desserts, bread, crackers, sweets) later in the meal.
- Wait 15-30 mins between your meal and dessert. Hmmm, there are five desserts and you absolutely have to try them all, right? OK, take a sliver, or two spoonfuls, of each and put it all on the same plate*.
- Don't eat within two hours of bedtime

Exercise:

Your regular routine is likely shot so:

- Walk five minutes in place when you get up in the morning and throughout the day whenever you get a break and remember.
- Set your phone alarm at regular intervals to help remember to walk.
- Walk in place during TV commercials.
- Socialize by going out and walking round the park with your family and friends.

Ask for ear seeds to help curb appetite before the holidays. They will stay on for two weeks.

*if you are diabetic, you can't get away with much if any alcohol or sweets, but eat them with protein or fats if you do.